

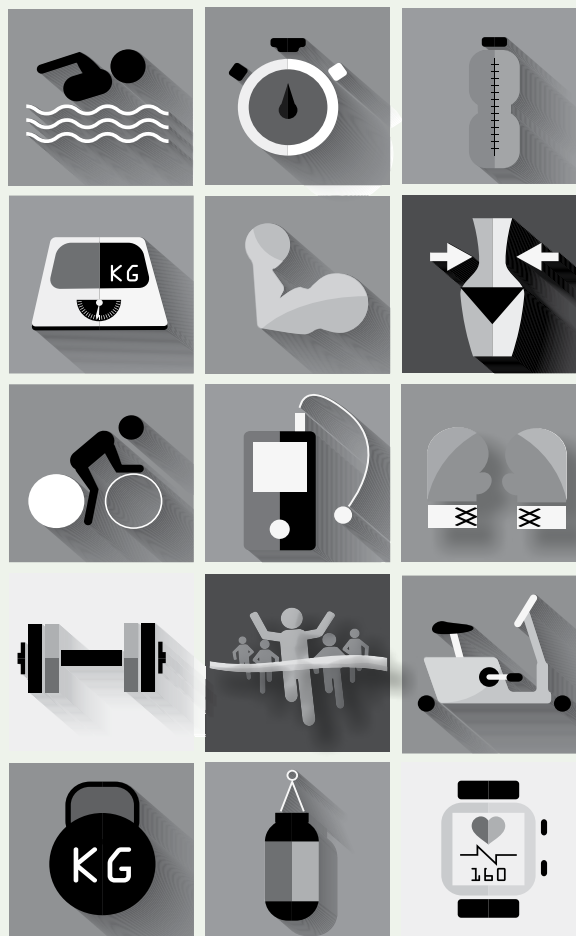


MARCH 15 – MAY 9, 2015

Team up for an 8 week adventure challenge that focuses on increasing physical activity at any level. Activ8, Educ8, and Motiv8 yourself to a healthier you!

Participants team up to Activ8 their daily routines. Teams will learn about energy-boosting foods, activity-increasing workouts, and stress-reducing social activities.

The Activ8 Challenge is about adopting a sustainable habit of daily exercise at any level, being social with your teammates and activating your energy!



1 GET STARTED

- Join as a team of 2-10 participants
- Choose a team name. Get creative!
- Gather your team members' email addresses
- **Each participant receives:**
 - Personal online tracking page and journal
 - Weekly emails to help you stay motivated to meet your goals
 - Access to the wellness portal that includes: daily recording, calorie tracker, meal planner, goal tracking, shopping lists and forums
 - Each participant will receive a T-Shirt

2 REGISTER

- **Registration opens:** February 1st
- Entry fee is \$10 per participant
- Go to www.livehealthydublin.com
- Click "Join Today"
- Enter Registration ID: LHDUBLIN
- Complete your registration form, submit payment and start tracking your activity!

3 STAY ACTIVE

- **Tracking Activity:**
 - Log into your Live Healthy dashboard: www.livehealthydublin.com
 - Click on the myTracker tab to start logging your activity
- **Tracking Activity with Device/App (optional)**
 - Integrate a tracking app or device into your challenge! Use the app/device during the Activ8 challenge and automatically sync with the Live Healthy website:
 1. Download the tracking app on your smartphone device
 2. Log into your Live Healthy dashboard: www.livehealthydublin.com
 3. Click on myDevices/Apps tab
 4. Find the device option and click "Add Device" to sync your information